

Munich Earth Magazine

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**Fresh Recipes For A Green
And Healthy Diet**

***Sustainable Start-Ups And
Companies As Saviors Of Our
World?***

***Tips On
How To
Pursue A
Sustainable
Lifestyle***

**Grow
your
fruits all
year long
with *FREIGHT
FARMS***

***go on a walk with "Stimmenspur"
- an audio guide through the English Garden***



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WHY GO GREEN?

THE LINK BETWEEN A VEGETARIAN DIET AND CLIMATE CHANGE

- One cow produces between 70 and 120 kg of methane per year
- Methane from livestock accounted for 39% of all the greenhouse gas emissions from agriculture. 55% of emissions came from beef cattle. By 2050, livestock emissions could increase by 30%.
- According to Oxford, the dietary switch to a plant-based diet could contribute the following benefits: Reduction in greenhouse gas emissions by two thirds, 8 million lives saved by 2050, mitigate up to \$1.5 trillion in climate-related damages, significant savings in healthcare costs





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**Food is
essential to life,
therefore make
it good**

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CHEF HARRISON WAYNE



EAT REAL GOOD FOOD

HEALTH IS WEALTH, AND WE
SHOULD START INVESTING IN
WHAT WE PLACE INSIDE OUR
PANTRY.

With fresh scallions, cilantro, and spicy pepper Jack cheese, these zingy burgers are a far tastier option than veggie burgers from the freezer case.

Ingredients:

1/2 cup rolled oats
1 15.5-oz. can black beans,
rinsed and drained
1 large egg
1 tsp. ground cumin
Kosher salt
2 oz. finely grated pepper
Jack cheese (1/2 cup)
1 large scallion, minced
2 Tbs. chopped fresh cilantro
1 Tbs. olive oil; more for the
plate
4 whole-wheat hamburger
buns, toasted
Jarred salsa, for serving
Sliced avocado, for serving

Put the oats in a food processor and pulse three times to roughly chop. Add half of the beans and pulse into a coarse paste, about 6 pulses. Add the egg, cumin, and 1/2 tsp. salt and process to mix well, about 1 minute. Transfer the bean mixture to a large bowl. Stir in the remaining beans, the cheese, scallion, and cilantro.

With wet hands, form the bean mixture into four 1/2-inch-thick patties and transfer to a lightly oiled plate. Refrigerate for 10 to 15 minutes to let the burgers set up.

Heat a large heavy-duty skillet (preferably cast iron) on high heat until very hot; add the oil and swirl the pan to coat the bottom. Cook the burgers until browned, with a good crust, 2 to 3 minutes; then carefully flip and cook, flipping again if necessary, until the burgers feel firm when pressed with a fingertip, another 3 to 5 minutes. Serve the burgers in the buns, topped with the salsa and avocado.

TURN HEALTH APPETIZING

VEGETABLES SOUND BORING, SO WE
GIVE YOU TIPS BELOW TO MAKE IT
ALL BETTER

Ingredients:

1 onion
1 red bell pepper
4 cloves garlic
15 oz. can kidney
beans
15 oz. can black
beans
15 oz. can diced
tomatoes
6 oz. tomato paste
2 cups vegetable
broth
2 Tbsp. chili powder
1 tsp. cumin
1 tsp. smoked paprika
1 tsp. oregano
Toppings of
choice: avocado,
green onion, cilantro

Dice onion and bell pepper. Mince garlic.
In a large stockpot over medium heat,
saute onion and bell pepper in
water/broth for about 8 minutes.
Add garlic and saute 30 seconds.
Add vegetable broth, tomatoes with juice,
tomato paste, and seasonings.
Bring to a light boil.
Meanwhile, rinse and drain beans.
Add beans, cover, reduce heat, and
simmer for 10 minutes until thickened.
Serve with toppings of choice.



EVERYDAY TIPS

! Become More Aware of Resources

Pay attention to how you choose to heat, to travel, to use water and use products that were made by manufacturing practices.

! Conserve Water

Take short showers, fix leaking pipes, keep the running tap closed while you brush your teeth, recycle water in your home, use water saving appliances, collect rainwater in a rain barrel to water your lawn.

! Change The Way You Travel

Choose fuel efficient means of transport, travel less and try to pick more direct routes to save on fuel. If your office is near your home, try to ride a bicycle instead of a car.

! Buy Local Food

When you shop locally instead of buying products that were shipped from far away, you are actually supporting local dairies and farms. Apart from this, you can follow organic farming practices. Grow food on your own backyard and sell surplus to your friends.

INTRODUCING WASTEZERO

AN AMERICAN COMPANY WITH THE MISSION TO CUT TRASH IN HALF IN THE US

The company's main goal is to protect the environment, as well as help communities use more of their resources to improve the quality of life for residents, rather than managing trash.

After starting in 1991, they now partner with more than 800 public and private organizations, helping them to reduce waste, increase recycling and save money.

Enormous amounts of trash in the US are thrown away every year. But much of what's thrown away could be recycled, which, in the long run will save money as it's cheaper than manufacturing new products. On top of that it conserves energy, preserves the environment, and improves communities.

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According to WasteZero "trash costs the US economy a staggering \$384 billion each year: \$200 billion in expenses that could be avoided by cutting waste and \$184 billion in lost revenue and economic development." Money that could easily be spent on schools, parks, roads, and public safety.

WasteZero's solution: consulting communities, helping people understand waste reduction and recycling options and their impact. Their approach to resolving the waste problem is diverse. If you're interested in this innovative company just go check them out:

© content: <http://wastezero.com/the-trash-problem/>





Laurens Faure and Jonas Schultzen in their office with one of their unique sinks made out of sand

SANDHELDEN: A PLASTIC-FREE FUTURE

How a Bavarian-based start up wants to change the future with sand and plastic trash

No more ready-made sanitary products! With the special 3D-printing process of this sustainable start-up any shape is possible. But what's so unique about this concept is that they are one of the few who actually use 100 percent of the recycled plastic, says Laurens Faure of Sandhelden. They're working custom-fit so that each product becomes a flawless and unique masterpiece. Even though this is a relatively young start-up that's still growing, the team around Laurens Faure and Peter Schiffner also collaborates with the Fraunhofer Institute which researches how to get the plastic in the right condition to work with. Explore the wide range of different shapes, colors and designs and let Sandhelden convince you. Unlike other design companies they use sand and plastic waste for their products in order to do their part in transforming the world towards a more eco-friendly future. Interested? Check them out: www.sandhelden.de

STIMMENSPUR



With the audio experiment Stimmenspur, two students of the Ludwig-Maximilians-University in Munich guide you through the present-day relationships between residents and the environment. On an ecologically and historically mindful walk, you can experience the environment with other ears and eyes.



Listen to a multitude of conversations with a landscape architect, the head of administration of the Englischer Garten, a yoga teacher, a street musician, and more. The garden was part of a series of military reforms being pursued under the guidance of Sir Benjamin Thompson, former Bavarian war minister, born in Massachusetts.



Download the German tour Stimmenspur free of charge and discover the Englischer Garten anew!

<https://stimmenspur.wordpress.com/dasaudioexperiment/>

INTRODUCING VIRGINIA'S FREIGHT FARMS

The Leafy Green Machine™ is capable of growing lettuces, herbs, and hearty greens at commercial scale in any climate or location. Container farming enables any individual, community, or organization to grow fresh produce year-round.

The unique thing about Virginia's freight farms is that you're now able to grow vegetables the whole year, while at the same time having the possibility to monitor the vegetables and fruits while you're away.

Want to check upon your harvest, but you're currently out of the country? No problem for the Leafy Green Machine, which is a fully assembled, vertical hydroponic farming system built inside a 40-ft. shipping container. Freight Farms leads the agriculture technology industry and was one of the first to introduce container farming with their flagship product: The Leafy Green Machine™.

Check it out: www.freightfarms.com





DID YOU KNOW?

An automatic dishwasher uses less hot water than doing dishes by hand -- an average of six gallons less, or more than 2,000 gallons per year.

Some new refrigerators are so energy-smart they use less electricity than a light bulb.

Around 16,000 litres of water is consumed to make just 1 kg of beef

It takes around 2,700 litres of water to make a single cotton t-shirt

Recycling a single 330 ml aluminium drink can saves enough energy to power a TV for over 3 hours

When using recycled paper, there is 99% less water and 50% less energy used in the production process compared to paper created from new raw materials.

A study done by Nobel Prize winner Elizabeth Blackburn found that a vegan diet caused more than 500 genes to change in three months, turning on genes that prevent disease and turning off genes that cause cancer, heart disease, and other illnesses.

You're actively doing your bit to save the forests by being vegan. Forests are alarmingly cleared so that the land can be used for crops so that meat-based diets can be produced. Every year, just one person who sticks to a vegetarian diet will save an entire acre of trees.

A British study revealed that a child's IQ could help predict his or her chance for becoming a vegetarian. The higher the IQ, the more likely the child will become a vegetarian.

Ironically, the original actor who played Ronald McDonald, Jeff Juliano, is now a vegetarian.

French philosopher Voltaire used the antiquity of Hinduism to launch a devastating blow to the Bible's claims of dominance and acknowledged that the Hindus' treatment of animals represented a "shaming alternative to the viciousness of European imperialists."

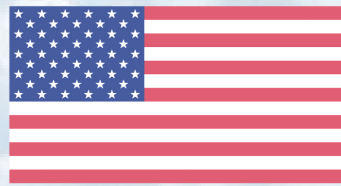
"Sustainable development is the pathway to the future we want for all. It offers a framework to generate economic growth, achieve social justice, exercise environmental stewardship and strengthen governance." –

Ban Ki-Moon

A project by US Consulate General Munich, Public Affairs

In cooperation with:

Katherina Mueller, Rachel Carson Center
Sandhelden
Freight Farms



U.S. Consulate General
Munich



**fine
Cooking**



the garden grazer

WasteZero®

